

COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!
2007 FITNESS CLASS SCHEDULE

	MON	TUE	WED	THUR	FRI
9:00 am	Spinning		Spinning		Spinning
9:45 am	P.A.C.E.		P.A..C.E.		P.A..C.E.
5:30 pm				Cardio & Toning	
6:00 pm	Cardio & Toning		Step Aerobics		
6:30 pm		Beginning Belly Dancing (No Class session 5)		Step Aerobics	
7:00 pm	Step Aerobics		Muscle Stretch & Tone		
7:30 pm		Intermediate Belly Dancing			
7:45 pm				NIA	

Spinning Classes Are 45 Minutes and All Other Classes Are 1 Hour Long

*Session 5	June 18– July 27 (No Class July 4)
Session 6	July 30 - September 7
Session 7	September 10 - October 19
Session 8	October 22 - November 30
Session 9	December 3 - December 21

Belly Dancing

A	TUES 6:30pm only	NO CLASS SESSION 5*
B	TUES 7:30pm only	\$9RES, \$11 NON-RES

*There will be NO Beginning Belly Dancing classes session 5, they will begin again session 6. The class dates for Intermediate will be June 26, July 10, and July 17.

Cardio & Toning

A	MON 6:00pm only	\$18 RES, \$21 NON-RES
B	THUR 5:30pm only	\$18 RES, \$21 NON-RES

Stretch & Tone (No Class July 4)

A	WED 7:00 pm only	\$15 RES, \$18 NON-RES
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NIA

A	THUR 7:45 pm	\$18 RES, \$21 NON-RES
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Step Aerobics (No Class July 4)

A	MON P.M. only	\$18 RES, \$21 NON-RES
B	WED P.M. only	\$15 RES, \$18 NON-RES
C	THUR P.M. only	\$18 RES, \$21 NON-RES

Spinning 9No Class July 4)

A	MON only	\$3 RES, \$4 NON-RES
B	WED only	\$3 RES, \$4 NON-RES
C	FRI only	\$3 RES, \$4 NON-RES

P.A.C.E. (No Class July 4)

A	MON only	\$18 RES, \$21 NON-RES
B	WED only	\$15 RES, \$18 NON-RES
C	FRI only	\$18 RES, \$21 NON-RES



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Your solution to life-long happiness, health and vitality

P.A.C.E.– Parent And Child Exercise! P.A.C.E. provides a one-hour total workout for parents and babies...together! This class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool down, mat exercises and stretching along with fun songs and fun for baby! Please bring a stroller not prone to tipping. Child must remain seated and buckled in the stroller throughout the workout until the final 15 minutes for safety reasons.

Step Aerobics – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

Stretch & Tone– This is a non-impact class that will focus on muscle strengthening, flexibility, and toning.

Cardio & Toning – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

Spinning – This is a great non-impact class for weight loss and overall endurance and health. In this 45-minute class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages and both genders.

Belly Dancing– Beginning Belly Dancing is a low intensity workout that concentrates on muscle toning. In this class you will learn the building blocks of Belly Dancing. Intermediate Belly Dancing will focus more on choreography. You must prior Belly Dancing experience and instructor permission to take this class.

NIA- The NIA technique is a non-impact class that combines Martial Art, Dance Art, and Healing Art movements choreographed to various textured healing and energized music. The benefits include: Cardio workout, flexibility, strength, balance, and relaxation.

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. **Walk-up fee is \$5 per class** whereas if you sign up for a session, it **breaks down to \$3 per class (\$3.50 for NR)**.

- Students are not encouraged to register for a session after the third week of a new session in Yoga or Pilates unless you have prior experience.

- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.

- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.

Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.

Greenwood Parks & Recreation Department 881-4545

